

# metro

NEW YORK CITY NO. 1 FREE DAILY IN THE U.S.

Monday, October 29, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



## 'HOUSE OF CARDS' WEEK

Metro takes you inside the final season. 14-15

DAVID GIESBRECHT / NETFLIX



Jets fall to Bears: 3 Things we learned. 19

GETTY IMAGES

New documentary looks into weed's medical uses. 16

# THE COST OF HATRED

Cities such as New York stepped up security around religious centers after Saturday's Pittsburgh synagogue massacre, which resulted in 11 deaths. 4



GETTY IMAGES



'Knowledge Is Power' cards available at NYPL. 10

THINGS  
TO  
KNOW

JEFF TOMKO, NEWS EDITOR

From pipe bombs mailed to prominent Democrats to the murders of 11 worshippers in a Pittsburgh synagogue and the near-fatal shooting of a Republican congressman, America is experiencing a disturbing uptick in extremism behavior. The violence, interwoven with hate speech (anti-Semitic, anti-immigrant, anti-feminist, anti-liberal democracy), is the very definition of ultranationalism. This nonstop barrage of vitriol and hyperbole gives the extremists a safe haven which isn't safe for democracy or the American people.

WELCOME TO  
METRO.USHARLEM WINNER IN \$688M  
POWERBALL JACKPOT

**I** Are you a newly minted millionaire? The winning numbers for the estimated \$687.8 million Powerball jackpot, the fourth largest in the lottery's history, were drawn Saturday night. The numbers are 8, 12, 13, 19, 27 and Powerball of 04. Two winning tickets were announced early Sunday, one sold in Iowa and a second in Harlem. No winners immediately stepped forward. More winning tickets could be announced as results come in overnight. This is the second astronomical lottery draw this week, with the \$1.537 billion Mega Millions lottery drawn on

Tuesday with one winning ticket sold in South Carolina. The winner or winners of the Mega Millions \$2 ticket have not yet stepped forward publicly. The prize is just shy of the world record. The winners of Saturday's Powerball will have the option of sharing an immediate cash payment of \$198.1 million each, sharing the \$687.8 million prize paid out over 29 years, or a separate combination of the jackpot, according to the lottery. The lottery was previously estimated at \$750, but the adjusted numbers early on Sunday are based on actual ticket sales, the lottery announced.

GAB.COM FIGHTS TO STAY  
ONLINE AFTER SHOOTING

**2** The website where the suspected Pittsburgh synagogue gunman posted anti-Semitic views said on Sunday it was "working around the clock" to stay online after being cut off by payment processors and forced to switch web hosts. The 46-year-old suspect Robert Bowers has been charged with murdering 11 people on Saturday in the deadliest attack ever on the Jewish community in the United States. Hours earlier, he posted on Gab.com, saying a nonprofit that helps Jewish refugees relocate to the country was helping to kill "my people." PayPal Holdings Inc.

banned the website from using its money-sending services on Saturday. Gab said on Saturday it received notice it would be blocked by another payments website, Stripe Inc., and had switched to a new web-hosting service after Joyent Inc. warned it would cut off the website. Gab did not say who the new web host was. "Working around the clock to see to it that Gab.com stays online," the company posted on Twitter on Sunday. "FREE SPEECH WILL ALWAYS WIN." Founded in 2016 by conservative Andrew Torba, Gab bills itself as the "free speech" alternative to Twitter.

'IMPEACHMENT PARADE' HELD IN NEW  
YORK CITY

**3** A woman holds a banner as the "Baby Trump" balloon rises in Battery Park as part of an "Impeachment Parade" protest on Sunday. The 20-foot balloon that flew over London, Chicago and Los Angeles earlier this year made its New York debut during a protest organized by By the People, a grassroots campaign calling for the impeachment of President Trump.



GETTY IMAGES

CHINESE CARRIER ROCKET  
FAILS TO REACH ORBIT

**4** A privately developed Chinese carrier rocket failed to reach orbit after lifting off from Jiuquan Satellite Launch Center on Saturday, in a blow to the country's nascent attempts by private companies to rival Elon Musk's SpaceX. The three-stage rocket, Zhuque-1, was developed by Beijing-based Landspace. The company said in a microblog post after nominal first and second stages that the spacecraft failed to reach orbit as a result of an issue with the third stage. "Before Zhuque carrier rocket was launched, its mission was already

completed," the company said in the post on Saturday, without giving further details. Landspace was founded in 2015 and soon aimed to be the first Chinese private company to deliver a satellite into orbit. The company said it was the first private licensed company in China to launch carrier rockets. Zhuque-1 was carrying a satellite named "Future" built for state media China Central Television. In May, China launched "Chongqing Liangjiang Star" into space, the first rocket developed by Beijing-based private firm OneSpace Technology.

LEICESTER CITY OWNER  
KILLED IN COPTER CRASH

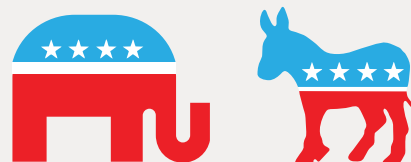
**5** Leicester City soccer club owner Vichai Srivaddhanaprabha, a Thai tycoon, was killed along with four others when his helicopter crashed and then exploded after a Premier League match on Saturday, the soccer club and police said. Vichai bought the unheralded central England side in 2010 and went on to stun the soccer world by beating odds of 5,000-1 to win the Premier League title in 2016 in what amounted to a sporting fairy tale. The father of four and founder of duty-free King Power International was a

huge favorite with the club's fans. "It is with the deepest regret and a collective broken heart that we confirm our chairman, Vichai Srivaddhanaprabha, was among those to have tragically lost their lives on Saturday evening when a helicopter carrying him and four other people crashed outside King Power Stadium," a club statement said on Sunday. The aircraft came down in a car park near the King Power stadium shortly after 19:30 GMT, about an hour after the end of Leicester City's game against West Ham United, police said.



## 2018 MIDTERM ELECTIONS

08 DAYS



The Nov. 6 midterm elections will decide whether Democrats can gain control of Congress or if Republicans will keep their hold on the legislative branch. For the latest election updates, go to [metro.us](http://metro.us).



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# Pittsburgh synagogue victims include 97-year-old, pair of brothers

New York City Mayor Bill de Blasio blasted the president's claim that armed guards might have prevented Saturday's massacre.

appear before a judge on Monday afternoon, U.S. Attorney Scott Brady said at a news conference.

"The fact that this attack took place during a worship service makes it even more heinous," Brady said.

The Tree of Life Synagogue in the city's Squirrel Hill neighborhood, a heavily Jewish area, was holding a Shabbat religious service when the gunman burst in.

Five of the victims lived in Squirrel Hill and the rest were from other Pittsburgh neighborhoods and communities surrounding the city.

The mass shooting prompted security alerts at houses of worship around the country and condemnation from politicians and religious leaders.

**"We'll get through this darkest day of Pittsburgh history by working together."**

Bill Peduto,  
Pittsburgh mayor

It followed a spate of pipe bombs found mailed in recent days to prominent political figures, mostly Democrats including former President Barack Obama, ahead of Nov. 6 congressional elections.

"We'll get through this darkest day of Pittsburgh history by working together," the city's mayor, Bill Peduto, told reporters.

David and Cecil Rosenthal, 54- and 59-year-old brothers; Sylvan Simon, 86, and his wife Bernice Simon, 84; Joyce Fienberg, 75; Richard Gottfried, 65; Jerry Rabinowitz, 66; Daniel Stein, 71; Melvin Wax, 88; and Irving Younger, 69, were killed, according to officials.

The oldest victim was Rose Mallinger, 97, of Squirrel Hill. **REUTERS**

Following the killing of 11 worshippers at a Pittsburgh synagogue on Saturday, New York Gov. Andrew Cuomo and New York City Mayor Bill de Blasio directed state police and the NYPD to increase patrols around Jewish centers and houses of worship across New York state.

"We, as a nation, must stand together and stand against the corrosive and destructive forces of hate in all of its forms," said Cuomo in a statement.

"The New York family grieves for those who were killed and prays for those who were injured in this heinous and horrific mass shooting at the Tree of Life Synagogue in Pittsburgh," said Cuomo. "And we stand together with the Jewish community in this difficult time as we always have before."

De Blasio expressed disdain for President's Trump's suggestion that if the synagogue had had an armed guard, the loss of life would've been more limited. "Let's be clear," de Blasio tweeted on Sunday, "suggesting a house of worship should have had armed guards is blaming the victims, and that's not America. That's not our values."

The suspected gunman, 46-year-old Robert Bowers of Pittsburgh, stormed the building during a Saturday morning service. He also wounded six others including four police officers before being arrested.

Bowers, who has made anti-Semitic posts online and, during the attack, shouted about killing Jewish people, has been charged with federal hate crimes and could face the death penalty. He will

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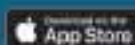


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An FBI agent leaves the AutoZone store in Plantation, north of Miami (left). | Cesar Sayoc (right). GETTY IMAGES

# Florida man charged after bombs sent to Trump critics

The bodybuilder and former stripper could face up to 48 years in prison if convicted.

The Florida man suspected of mailing at least 14 pipe bombs to some of President Donald Trump's leading critics was in custody on federal charges on Saturday, in a case reflecting the rancor of one of the most toxic election campaigns in decades.

Cesar Sayoc, 56, a part-time pizza deliveryman, grocery worker and former stripper once charged with threatening to bomb an electric company in a billing dispute, was arrested by federal agents outside an auto parts store in Plantation near Miami on Friday.

Authorities also seized a white van that Sayoc appeared to have used as his dwelling, its windows plastered with pro-Trump stickers, the slogan "CNN SUCKS" and images of Democratic leaders with red crosshairs over their faces.

Fingerprint and DNA evidence helped identify the suspect, but his arrest did not necessarily end the threat, Federal Bureau of Investigation Director Christopher Wray warned at a news conference. He said other packages may still be in transit.

Sayoc was charged with five felony counts, including interstate transportation and illegal mailing of explosives, threatening a former president, making threatening interstate communications and assaulting federal officers.

He was expected to be held at the Federal Detention Center in downtown Miami and make his first appearance before a judge on Monday, according to former Assistant U.S. Attorney David Weinstein. If convicted, Sayoc could be sentenced to up to 48 years in prison, officials said.

One federal law enforcement source told Reuters that authorities were

investigating whether other individuals were involved and did not rule out further arrests.

Sayoc's arrest followed a four-day manhunt sparked by the discovery of bombs concealed in packages addressed to leading Democratic figures including former President Barack Obama and former first lady and Secretary of State Hillary Clinton, whom Trump defeated in the 2016 presidential race.

Some of the parcels also contained photographs of the intended recipients marked with a red X, according to a criminal complaint in Manhattan federal court.

The complaint accused Sayoc of sending 13 bombs to 11 individuals, starting with billionaire Democratic donor George Soros. A package surfaced on Monday near his home in Katonah, New York.

A 14th package was found on Friday at a post office outside San Francisco addressed to another wealthy contributor to the Democratic Party and liberal causes, Tom Steyer.

The bombs were sent in manila envelopes lined with bubble wrap and consisted of plastic 6-inch pipes packed with explosive material and wired to small clocks and batteries, the complaint said.

A native of Brooklyn and a registered Republican, Sayoc made his political views evident on social media. In Facebook and Twitter posts, he railed against Democrats, Muslims and liberals.

Public records showed numerous arrests over the years for domestic violence, theft and other charges, including the alleged bomb threat against a utility company.

All the individuals targeted by the packages Sayoc is accused of sending have been outspoken critics of Trump and his administration, foils for the president and his right-wing supporters, or both.

REUTERS

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## 300-Plus Salvadoran migrants headed for US

The president has made it clear he intends to stop the immigrants from crossing the southern border.

A new group of migrants bound for the United States set off from El Salvador on Sunday, following thousands of other Central Americans fleeing poverty and violence who have taken similar journeys in recent weeks.

The group of more than 300 Salvadorans left the capital, San Salvador, on Sunday. A larger group of mostly Hondurans, estimated to number at least 3,500, who left their country in mid-October and are now in southern Mexico, have become a key issue in U.S. congressional elections.

A third group have been moving through Guatemala, at one point numbering more than 1,000 people before beginning to fragment. Hundreds of that group broke through a Guatemala border gate in Tecun Uman, and on Sunday afternoon were on the bridge into Mexico.

President Donald Trump and his fellow Republicans have sought to make immigration a major issue ahead of Nov. 6 elections, in which the party is battling to keep control of Congress.

Homeland Security Secretary Kirstjen Nielsen on "Fox News Sunday"

said Trump was determined to use every authority he has to stop immigrants from crossing the border illegally.

"We have a crisis at the border right now. This caravan is one iteration of that but frankly we essentially see caravans every day with these numbers," she said.

"I think what the president is making clear is every possible action, authority, executive program, is on the table to consider, to ensure that it is clear that there is a right and legal way to come to this country and no other ways will be tolerated."

Trump has threatened to shut down the border with Mexico and last week said he would send troops. On Friday, Defense Secretary Jim Mattis authorized the use of troops and other military resources at the U.S.-Mexico border.

By Sunday afternoon, dozens of the Salvadorans had arrived at the border with Guatemala and were having their documents checked, having walked and hitched rides in pickups and on buses from the capital.

They organized using social networks like Facebook and WhatsApp over the last couple of weeks, inspired by the larger group in Mexico.

Salvadoran police traveled with the group, who carried backpacks and water bottles and protected themselves from the hot sun with hats. **REUTERS**



# The Powerful ( and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

**NEW YORK CITY** - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

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**This treatment is called:**

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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### But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

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You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

**You should also know this:** While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

### How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the first step and give them a call at **877-245-9252** and ask for your free screening.

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## Get a limited-edition NYPL 'Knowledge Is Power' card

"Public libraries have always been at the foundation of our democracy of informed citizens," NYPL President Anthony W. Marx said.



NIKKI M. MASCALI  
nikki.mascali@metro.us



COURTESY NYPL

Amid a time in which claims of "fake news" run rampant, the NYPL wants to remind its millions of patrons that "Knowledge Is Power."

Starting Monday, New Yorkers can get their hands on a limited, special-edition black New York Public Library card that has "Knowledge Is Power" emblazoned on its front.

"Public libraries have always been at the foundation of our democracy of informed citizens," NYPL President Anthony W. Marx said in a statement.

"We preserve and make accessible fact. We offer knowledge, education and opportunity to all. Everyone is welcome in our spaces. We are the great equalizers. Armed with knowledge, all of us have the power to do anything."

"As we all strive to be active, productive members of civic society, it is so important to remember that knowledge is indeed power, and that we must be informed," Marx continued. "Libraries are the place to do just that: to learn, to grow and to strengthen ourselves and our communities. This special-edition card shares that message and serves as a reminder to visit your local library, get a card and

start your journey now."

The exclusive NYPL card will be available as long as supplies last, but you'd better hurry. About 70,000 of the "Knowledge Is Power" cards will be up for grabs on a first-come, first-serve basis at the system's 92 branches in Manhattan, Staten Island and the Bronx. (Queens and Brooklyn have their own public library systems.)

If you're not already a card-carrying member of the NYPL, you can start the application process at [nypl.org/librarycard](http://nypl.org/librarycard), but you'll need to validate the application at a branch.

If you already have a New York Public Library card but want to get your hands on a limited "Knowledge Is Power" one, you can easily swap out your old one by paying the standard \$1 replacement card fee that serves as a donation to the system.

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The study is conducted at the New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institutes of Health.



## In City That Never Sleeps, sleeplessness actually abounds, study finds

One of New York's most well-known nicknames is The City That Never Sleeps, that's nothing new. But what is new is recent data showing just how much sleeplessness is rampant in the Big Apple.

Sleep technology company Eight studied sleep data from more than 20,000 users and learned that New Yorkers spend an average of two hours and 51 minutes awake in bed on weeknights, giving them a sleep efficiency (percentage of time spent asleep) of 70 percent.

Comparatively, Eight users in San Francisco are awake in bed two hours and 19 minutes, or 74 percent sleep efficiency, while those in Los Angeles are awake two hours and 18 minutes, or 77 percent. Ideal sleep efficiency is between 85 and 90 percent.

"This data from Eight is just unprecedented in potential to understand the sleep behavior of a large population of people in their own homes, their own beds," said Dr. Craig



GETTY IMAGES

Heller, a Stanford biology professor and member of Eight's scientific advisory board.

What makes Eight's sleeplessness data so valuable is it will allow researchers to "do correlations between the best and worst sleepers and the characteristics in their lives," Heller said.

He refers to things we're likely all guilty of, such as cutting our sleep short during the week only to sleep in on our much-needed weekends.

"It's impossible to make up the deficits that are caused by short sleep during the week with just sleeping in on the weekends," Heller said,

debunking that sleep myth once and for all.

"Sleep is when we consolidate our learning and memory," he explained. "That's when we store the important information that we acquire during the day and transfer it to our long-term memory. You can't just pay that all by sleeping extra a few days later."

It's no surprise work is the No. 1 reason for sleeplessness in New York City, Heller said, "but in addition, social interactions, which people shouldn't give up... and our access to entertainment sources."

For more, go to [metro.us](http://metro.us).

NIKKI M. MASCAU



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\* APY = Annual Percentage Yield.

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# the GRUMBLE



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@metro  
newyork

don't want my backpack on the floor, either. But if anybody is like me, I just want to get to my location without waiting for another train due to the current one being filled by imaginary space. \*Inserts rolling eyes emoji.\*  
—Jessica, Metro US reader

## READER WRITE-INS:

### HOLIDAY MUSIC ALREADY????

Heard in CVS today: holiday music, even before it's Halloween!!! That

condemns us to 60 more days of these tunes, unfortunately. I complained at the register and was told it's "Corporate's" decision.

Don't they realize it may discourage some customers? Thanks for listening.

— Barbara Reed, Metro US reader

### BACKPACKS TAKE UP TOO MUCH SPACE ON THE TRAIN

Honestly, I don't even care how big the backpack is, that's your and

your chiropractor's problem. My problem is, this is already a packed train, so take your damn backpack off so more people can fit on. I

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## #metronewyork caption this photo

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to @metronewyork @metroboston @metrophilly



"Cardi's Bi-cycle"

The winning caption from James B., Metro Philly reader

### TOMORROW'S PHOTO:



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**Aries** Getting upset will not help a situation you face at home or work. Take care of your responsibilities and move on to something you enjoy doing. Physical activity will relieve stress.



**Taurus** A change will do you good. Schedule a business trip or meeting, or sign up for a course that will add to your qualifications. A positive change will lead to solid relationships.



**Gemini** Don't let others get you down. Put on a happy face and do something you enjoy. A good workout will help clear your head so that you can move forward with confidence.



**Cancer** Share your feelings with a loved one. Make arrangements that will push you to get out more and participate in events that will help you advance.



**Leo** Watch your step. If you make a snap decision, you will end up regretting it. Don't take on too much or make promises you cannot keep. Don't disregard someone's complaints.



**Virgo** If you say what's on your mind, positive change will result. Take control of whatever situation you face so that you can make a difference. Love and romance are encouraged.



**Libra** Personal improvement should be your focus. Taking better care of your health through proper diet and exercise will bring positive results in every aspect of life.



**Scorpio** Stay focused on what's important. Refuse to let anyone bait you into an argument. Expand your knowledge to gain insight into what's important. Romance is favored.



**Sagittarius** Consider what others say, but don't act on what you hear. Go to the source to validate information you receive. Protect yourself against being misinterpreted and don't be a conduit for false information.



**Capricorn** Share your feelings and thoughts with the people who will be affected by the decisions you make. Being open to change will help you clear up misconceptions.



**Aquarius** Do your own thing, instead of giving in to someone else's pressure. Put your energy into constructive projects that are geared toward self-improvement.



**Pisces** Participate in events that will allow you to show off your skills, knowledge and experience. You'll make a good impression that will lead to an offer you cannot refuse. EUGENIA LAST

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The Medical Director of urology is **David Shusterman, MD.** Dr. Shusterman is a board certified urologist who specializes in state of the art compassionate kidney stone treatment.

## Safe, effective ways to treat kidney stones

Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations.

The in-office procedure is completely safe, and recovery is typically pretty swift.

Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call (212) 991-9991* and start mapping out a plan for living a pain-free life without kidney stones.

## LIFESTYLE

# 'House of Cards' showrunners talk season 6 and whether a woman will ever be president

Metro kicks off "House of Cards" Week with our first interview about the final season of the hit Netflix drama. **DAVID GIESBRECHT/NETFLIX**

Melissa James Gibson and Frank Pugliese discuss the ups and downs of Claire Underwood's turn in the White House.



**ANDREW HUSBAND**  
letters@metro.us

At the very end of "House of Cards" season 5, disgraced former President

Frank Underwood (Kevin Spacey) calls his successor and wife, President Claire Underwood (Robin Wright), from his Washington D.C. hotel room. Instead of answering she ignores her husband's

call, turns to the camera and says, "My turn."

According to showrunners Melissa James Gibson and Frank Pugliese, it was this pivotal turn in the story — and not Spacey's firing from the show af-

ter sexual misconduct allegations against him were made public — that informed everything that will happen in the upcoming season 6, which debuts on Netflix Friday, Nov. 2.

"This whole story was set in motion when a man was passed over for power," Gibson tells Metro. "It's about what got unleashed as a result, and all the things that occurred as a result of that. It all

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Frank Pugliese  
and Melissa James  
Gibson. GETTY IMAGES

spiraled out of control and ended up involving a lot of people.

"Is this world or this country, both the real ones and those in the world of the show, ready for a female president?" Gibson goes on to ask. Pugliese happens to agree and ponders whether "the powers that be in this country and elsewhere [will] ever let a woman have power."

"The show began with a man being passed over, but the question now is, will they let a woman have it?" he continues, while adding that, in the

duplicitous and dangerous world of Netflix's "House of Cards," that doesn't necessarily mean that Claire is a character without sin. "There's no one woman. I mean, a woman in power is not just one thing. We have a number of characters on the show that exhibit this.

"Besides," adds Pugliese, "it would have been weird for Claire to succeed without using the rules of the show. She's using the rules first established by Beau Willimon, the original British adaptation and the Michael

Dobbs novel it's all based on. That's what makes her a success, in our eyes."

And that, the showrunners contend, is where the real meat of the final season of "House of Cards" resides. President Claire Underwood must overcome not only the long shadow cast by her publicly disgraced husband, but the equally shadowy endeavors of her few remaining allies and the many enemies who lie in waiting and are ready to pounce. So there's obviously going to be a lot of nostalgia in season 6 for all of the longtime viewers, because some of the series' most deeply buried skeletons are about to resurface with a vengeance.

"We just wanted to end the story properly and with integrity," Gibson concludes. "We wanted to bring it to a brave, surprising and inevitable close. We wanted to play off all the promises that were made before, of course, but also give the fans a satisfying ride along the way."

*The sixth and final season of "House of Cards" streams Friday on Netflix.*

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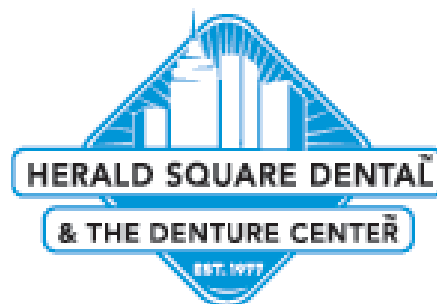
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"Weed the People" is now in select theaters. MANGURAMA

# What are the *real* benefits of weed?

Abby Epstein talks us through her illuminating documentary "Weed the People."



GREGORY WAKEMAN  
Gregory.Wakeman@metro.us

Even though it has slowly become more acceptable as it has been legalized across America, the use of weed recreationally can still be a divisive subject.

That might change, though, if the benefits and medicinal effects of the drug are revealed. "Weed the People" exposes just that, as the documentary follows five families and their cancer-stricken children as they're treated with marijuana, which achieves some astonishing results.

Metro spoke with its director, Abby Epstein, who admits that she was originally attracted to the project because the research that proved using cannabis to help cure cancer was just so "compelling."

"There was a lot of anecdotal research," says Epstein. "Not the kind of Facebook anecdotes. But real anecdotal evidence that I got from talking to actual cancer doctors and oncologists that had seen amazing results with patients. The research was pretty conclusive about what happens, at least in the test tubes."

"I remember seeing Sophie, the little baby in the documentary, when she started on her cancer regiment for the first three months, then did her scan. I was like, 'Oh my God! The tumor will just be gone.' And of course, it wasn't, it was bigger. But you had no idea," she adds. "All you knew is that it couldn't hurt the children. It was like doing acupunc-

ture. That was comforting. We knew that it wouldn't hurt and that they didn't have much better options, so it was amazing when there were good results, because it was proving that what was going on with the research could happen."

After seeing the benefits, impact and medical miracles that using weed on children with cancer can have, Epstein insists it is a crime that the drug is still prohibited.

"I think it is a crime and criminal that cannabis isn't accessible to every single person that

**"Someone with Stage 4 cancer, they're not going to wait 17 years for drug trials."**

Abby Epstein, director

has cancer," says Epstein. "I think it is a human rights issue. I just don't understand. Someone with Stage 4 cancer, they're not going to wait 17 years for drug trials."

"This is a very, very medicinal substance in this country and around the world that we have been brainwashed to believe is this dangerous narcotic, with no medical benefit. And it is a sham," she adds. "For us, we chose children with cancer because we thought it was the most dramatic, in terms of showing the mistake and trying to change people's pre-conceived notions that this was about someone on chemotherapy trying to smoke a joint to stop their nausea."

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# Doctors Urge Knee Pain Sufferers

## “Don’t Get ANY Surgery Until You See This...”

*After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed*

**NEW YORK CITY** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

**Here is why:** Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

**That’s the bad news.**

**Now for some good news...**

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

### **The Treatment Formula**

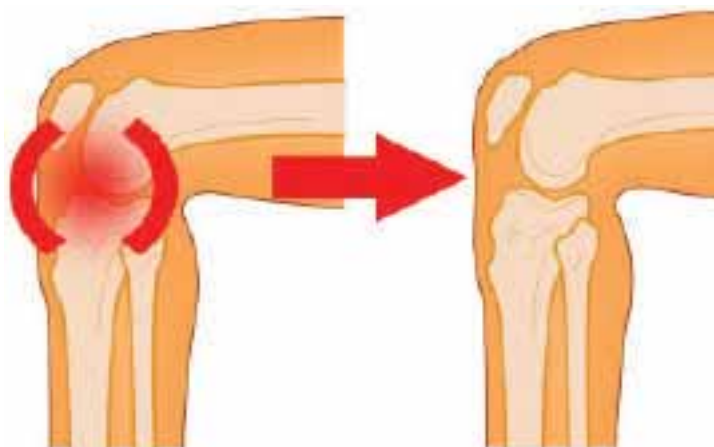
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated ) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



*NYC Pain MD* “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

*NYC Pain MD* has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

**The second thing you must know is...** our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

### **Here’s What You Should Do Next**

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

**The best thing is...** you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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## EDUCATION

We spoke with the filmmaker about her travels into Trump's America.



PAT KING  
patrick.king@metro.us

Journalist and documentarian Alexandra Pelosi may have a harder time than many of us breaking out of her designated political corner. As the daughter of Nancy Pelosi, the long-running and influential Democratic minority leader of the House of Representatives, people may have preconceptions about her in our intensely divided political climate. But as a journalist, Pelosi has tried to navigate how the media coverage of politics has divided us into political tribes. Her 2004 HBO documentary, "Diary of a Political Tour-

# Alexandra Pelosi takes us 'Outside the Bubble' in her brand-new HBO documentary



HBO

ist," and accompanying book, "Sneaking into the Flying Circus: How the Media Turn Our Presidential Campaigns into Freak Shows," both aimed to cut through the pageantry and team-sport mentality

that modern American politics has turned into.

With her new documentary "Outside The Bubble: On the Road with Alexandra Pelosi," premiering on HBO tonight, Pelosi takes the

viewer, as well as her two young sons, on a road trip into the red states outside of the metropolitan coasts to get a better understanding of who Trump's America really is. Pelosi believes that it is extremely important to break the cycle of demonizing people who affiliate themselves with opposing political ideologies as "others," and found that it was extremely important to expose her children to people living outside of their perfectly maintained liberal bubbles.

"I have two middle-school kids. They come home from school reciting 'liberal propaganda' and I

wanted to show them the real America," explains Pelosi. "So, I packed my bags and put them in the car and drove them to see some of the hot spots in America where the divide is profound to try to expose them to a different reality. Because, I don't buy the tribal narrative of 'us vs. them'... Cable news feeds us 'red vs. blue' and I believe America is much more purple than that. So, I wanted to expose my kids to the other side of every issue so that they can think in a more nuanced way."

In the documentary, Pelosi and her children travel to hot-button

places such as hurricane-ravaged Houston, Texas; Charlottesville, Virginia; and meets with security officials to discuss the need for Trump's wall along the U.S. and Mexican border. Through their journeys, Pelosi and her children are exposed to different perspectives on some of today's most dividing issues by focusing on the people of these areas rather than just the hashtag.

While she still does not agree with the politics of many of the different people she met along the way, Pelosi believes that the best way to break free from the bubble is to turn off your television and actually talk to your fellow Americans. You may find out that you have more in common with them than you realize.

"My biggest complaint about cable news today is that it feeds us what we want to hear and it doesn't respect our intelligence enough to say, 'You know, there could also be another side?'" says Pelosi. "I don't think it's healthy that such educated people live on such a steady diet of everything that they want to hear."

Alexandra Pelosi's new documentary, "Outside the Bubble: On the Road with Alexandra Pelosi," premieres on HBO tonight at 8 p.m. Eastern.



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# Jets fall to Bears: 3 Things we learned

Gang Green dropped its second-straight game on Sunday to Chicago.

CHRISTIAN ARNOLD  
sports@metro.us

The Jets dropped to 3-5 on the year with a 24-10 loss to the Chicago Bears on Sunday. Despite only trailing by four at half-time, the Bears scored two touchdowns in the second half and kicked a field goal to pull away.

Both teams entered the game as franchises in similar positions, with both teams building for the future around young quarterbacks. Mitchell Trubisky threw two short touchdown passes for Chicago, while Sam Darnold's lone touchdown pass came in the third quarter off a 16-yard throw to Chris Herndon.

Here are three things we learned from the Jets' loss to the Bears.



Quarterback Mitchell Trubisky (No. 10) of the Chicago Bears is pushed out of bounds by Jamal Adams (No. 33) of the New York Jets in the third quarter. GETTY IMAGES

## 1. JETS FAILED TO TAKE ADVANTAGE OF MACK-LESS BEARS

The Jets received some good news before the game when it was announced that linebacker Kahlil Mack would be out, but the visiting New Yorkers failed to capitalize on that. Darnold completed 14-of-29 passes for

just 153 yards on the afternoon. Darnold only had 59 passing yards through three quarters.

The Jets' running game was no better at Soldier Field, gaining only 57 total yards. Isaiah Crowell was held to 25 yards on 13 carries, while Trenton Cannon had six rushes for 10 carries.

## 2. JETS STRUGGLED TO CONTAIN TRUBISKY

The young Bears QB finished the game completing 16-of-29 passes for 220 yards and two touchdowns, and gave the Jets headaches on the ground during the afternoon. The elusive Trubisky ran for 51 yards on six carries against the Jets.

Trubisky is known for his mobility and calmness under pressure and that was on display on Sunday. On several occasions during the afternoon, the Jets' pass rushers failed to get to Trubisky, who would then bolt out of the pocket. He averaged 8.6 yards per carry.

## 3. LACK OF DEPTH HURTS JETS

Darnold continues to adjust to the NFL, and part of that meant dealing with the elements in Chicago and the personnel he had to throw to. The Jets and Bears kicked off under less-than-ideal conditions for the Jets rookie, with the wind and rain playing a factor as well as the lack of receiving core he had.

New York entered the game without receivers Quincy Enunwa and Robby Anderson, as well as injured running back Bilal Powell. In their place, the Jets had a group of receivers that had not scored this season.



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# Giants misery continues in loss to 'Skins

The Giants watched as divisional rivals the Washington Redskins walked into MetLife Stadium and defeated the home team, 20-13, for their seventh loss of the season.

Redskins running back Adrian Peterson scored two touchdowns, one off a pass from Alex Smith and a 64-yard run in the fourth quarter. The Redskins also kicked two field goals.

The Giants' lone touchdown came on a reception by Evan Engram late in the fourth quarter. Prior to that, the only points picked up by New York were recorded off a pair of field goals.

Here are three things we learned from the Giants' loss to the Redskins.

## 1. ELI'S STRUGGLES CONTINUE TO GET WORSE

The decline of Eli Manning has been a major story line this season, which was magnified even more on Sunday. The Giants QB struggled to make much happen in the team's latest loss, throwing just one touchdown pass and completing 30 of 47 attempts on the afternoon. The more jarring stats were the seven sacks that Manning suffered at the hands of the Redskins'



GETTY IMAGES

defense and the two interceptions he threw.

The seven sacks moves Manning's season total to 31. Manning also moved the Giants into the red zone three times prior to a late fourth-quarter touchdown.

## 2. BECKHAM JR. STILL MANAGES TO DAZZLE

Despite the final result, it can never be said that Odell Beckham Jr. can make things interesting when he is on the field. The Giants star receiver made an acrobatic 44-yard catch in the first quarter that made highlight reels and Twitter feeds on Sunday. The play was a reminder of just how good Beckham Jr. is despite his often-

controversial comments off the field.

The Giants failed to score on that drive, but Beckham Jr. still managed to record 136 yards on eight receptions, the most for a Giants receiver on Sunday.

## 3. GIANTS D DOES WHAT IT CAN

The Giants' defense helped

keep them within striking distance through the first half before the Redskins finally managed to open things up in the second half. Smith threw for 178 yards and ran for another 13. Peterson rushed for 149 yards in the game and his receiving touchdown in the fourth quarter was his first since 2013. **CHRISTIAN ARNOLD**

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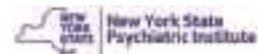
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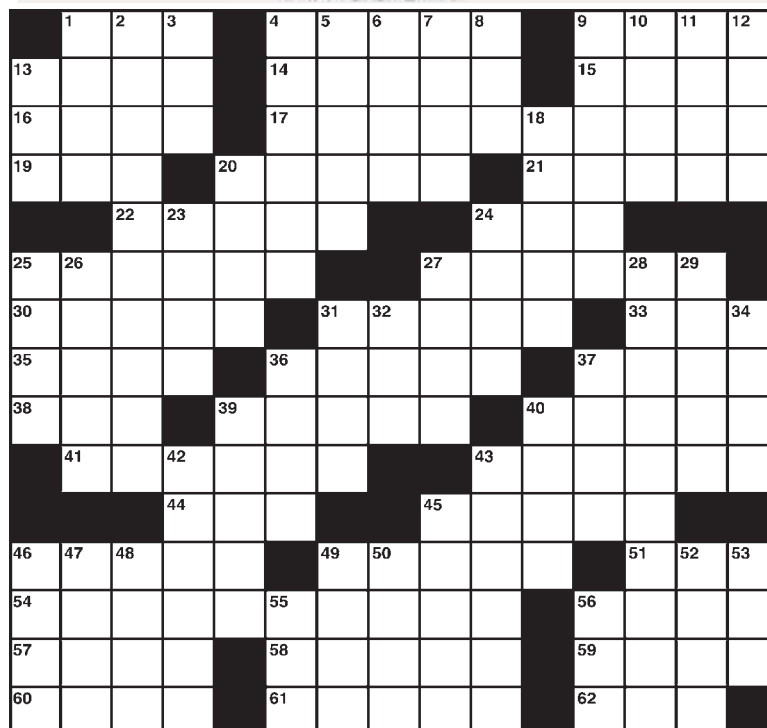
- 1 Pen name  
4 Quarrels  
9 Upper limbs  
13 Musical group  
14 \_\_\_ cotta; clay for patio pots  
15 Jeff Bridges' brother  
16 Comedian Johnson  
17 Get well  
19 Word of mild surprise  
20 Zebra's cousin  
21 Acting parts  
22 Lunch hours  
24 \_\_\_ man; unanimously  
25 PG, PG-13, or R, e.g.  
27 Intelligence  
30 Nimble  
31 Prayer before meals  
33 Nov. honoree  
35 Experts  
36 Ice cream maker handle  
37 Greek cheese  
38 Part of a royal flush  
39 Use a pepper mill  
40 Not urban  
41 \_\_\_ de corps; camaraderie  
43 Eggplant's color

- 44 Scientist's workplace  
45 Tripoli's nation  
46 Remove the lid from  
49 Hoodlums  
51 Hemingway's "The Old Man and the \_\_\_"  
54 Leading the way  
56 As slippery \_\_\_ eel  
57 \_\_\_ more; again  
58 Funeral song  
59 Group of cattle  
60 Orderly  
61 Drive too fast  
62 Burro

## DOWN

- 1 Uncovered  
2 Objectives  
3 File drawer, perhaps  
4 Powerful  
5 Equals  
6 Rainbows  
7 Word of agreement  
8 Gullible fool  
9 Overseas  
10 Authentic  
11 Partner  
12 Files a civil action against  
13 Sack

- 18 Uneven  
20 Sharpen  
23 Lubricates  
24 Lyme disease spreader  
25 Engrossed  
26 Concur  
27 Magician's rod  
28 Highways that cross above others  
29 Tin or silver  
31 Fortitude; tenacity  
32 Trotted  
34 Yarn  
36 Baby's bed  
37 Wrath  
39 Juice flavor  
40 Massages  
42 Mercury, for one  
43 \_\_\_ out; overate  
45 Sudden forward rush  
46 "Once \_\_\_ a time..."  
47 Morning hour  
48 Comic actress Imogene  
49 Stumble  
50 Take on employees  
52 All \_\_\_; listening  
53 Connecting word  
55 Sullivan and O'Neill  
56 "Caughtcha!"

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Beetle  
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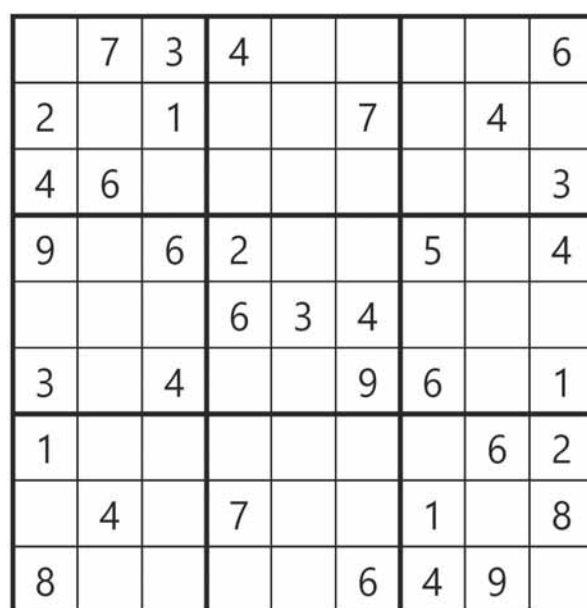
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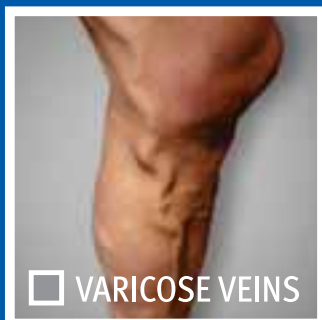


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